



# Carbon County Senior Citizen



It is the VETERAN, not the preacher, who has given us freedom of religion.

It is the VETERAN, not the reporter, who has given us freedom of the press.

It is the VETERAN, not the poet, who has given us freedom of speech.

It is the VETERAN, not the campus organizer, who has given us freedom to assemble.

It is the VETERAN, not the lawyer, who has given us the right to a fair trial.

It is the VETERAN, not the politician, who has given us the right to vote.

It is the VETERAN who salutes the Flag.

It is the VETERAN who serves under the Flag.

Eternal Rest Grant Them O Lord, And Let Perpetual Light Shine Upon Them.



# Sudoku Puzzle

	4				2	7		3
		3	9				5	
1		2	7	6	3			
	9			3				6
5	1						3	4
2				7			9	
			5	2	4	3		7
	7				9	6		
3		5	6				8	

Fill in the blank squares so that each row, each column and each row.

3-by-3 block contain all of the digits 1 thru 9.

If you use logic you can solve the puzzle without guess-work.

Use the answers page if you really get stuck.

# Sudoku Answers

9	4	8	1	5	2	7	6	3
7	6	3	9	4	8	1	5	2
1	5	2	7	6	3	9	4	8
8	9	4	2	3	1	5	7	6
5	1	7	8	9	6	2	3	4
2	3	6	4	7	5	8	9	1
6	8	9	5	2	4	3	1	7
4	7	1	3	8	9	6	2	5
3	2	5	6	1	7	4	8	9

# **I'm Not Old Just Mature**

Today at the drug store, the clerk was a gent,  
From my purchase this chap took off, ten percent.

I asked for the cause, of a lesser amount,  
And he answered, “ because of the seniors discount.”

I went to McDonalds, for a burger and fries,  
And there once again, got quite a surprise.

The clerk poured some coffee

Which he handed to me,

He said, “for the seniors, this coffee is free.”

Understand, I'm not old, I'm merely mature,  
But some things are changing, temporarily I'm sure.

The newspaper print gets smaller each day,  
And people speak softer, can't hear what they say.

My teeth are my own, I have the receipt,  
And my glasses identify, the people I meet.  
Oh, I've slowed down a bit, not a lot I'm sure,  
I'm not old. I'm only mature.

Sent in by Lois Stubbs

# Hand Washing To Avoid Colds, Flu and Other Infections

Getting sick is no fun. It may mean visits to the doctor and missing work or school. While it is not possible to avoid all illnesses, hand washing can help. It is one easy way to lower your risk of getting sick.

## Why should you wash your hands?

Our hands pick up germs from many places:

- Other people.
- Surfaces such as desks, doorknobs, telephones and money.
- Animals and their waste.

You can get sick when you touch a surface that has germs and then touch your nose, mouth or eyes.

Hand washing removes the germs on your hands that can make you sick.

## Wash away the germs.

Hand washing can take away germs that causes:

- Colds and flu
- Hepatitis A
- Meningitis
- Infectious diarrhea
- Conjunctivitis (pink eye)
- Other infections

## When should you wash?

Washing your hands often is a good habit.

It is very important to wash:

- Before, during and after cooking or preparing food.
- Before eating.
- After using the bathroom or changing a baby's diaper.
- When you are in close contact with a person who is sick.
- After you cough, sneeze or blow your nose.
- When your hands look dirty.
- After touching animals or handling their waste.



## Teach children healthy habits, too!

Germs spread easily in schools and daycare settings. It is important to:

- Show children how to wash their hands.
- Explain how good hand washing will help keep them and others from getting sick.
- Make it fun! Have them wash for about as long as it takes to sing the “ABC” song.

## Soap Up!

Wet your hands and use plenty of liquid or bar soap.

Wash for about 20 seconds.

Remember: It is the soap and scrubbing that remove the germs.

## When there is no soap and water....

Use alcohol-based hand sanitizers or wipes.

These products contain germ killing alcohol, and they do not need water to work.

## Simple steps to staying healthy.

Washing your hands helps prevent the spread of colds, flu and other illnesses. Here are some other things you can do:

- Avoiding touching your nose, mouth and eyes.
- If possible, avoid close contact with people who have a cold or the flu.
- Get regular exercise, plenty of sleep, and eat a balanced, healthy diet.
- Talk to your doctor about the flu vaccines.



### **Step 1**

Apply enough sanitizer to completely cover both hands.



### **Step 2**

Rub hands together, palm to palm.



### **Step 3**

Rub back of each hand with palm of other hand.



### **Step 4**

Spread sanitizer over and under fingernails.



### **Step 5**

Spread sanitizer between fingers.



### **Step 6**

Keep rubbing hands together until they are dry. Do not dry with a towel.

# Senior Bowling

## High Scores

Mary Lou S. 160	Elnora C. 170
Henry S. 165	May M. 148
Tom B. 165	Katie E. 144
John P. 148	Garth P. 165
Elnora C. 152	Pat M. 175
Doug H. 173	Del V. 213
Garth P. 144	Evelyn P. 145
Martha A. 166	Mary Lou S. 189
	Henry S. 172

## Splits

Evelyn P. 5-6

Dora S. 5-6

## Strike Pot

Earline K.

John P.

Katie E.

Tom B.

## High Series

Henry S. 157-172-147=476

Mary Lou S. 153-145-189=487

Earline J. 149-194-119=462

Doug H. 162-173-159=494







